



Alaska PEOPLE

Bureau of Land Management

JULY 1982

VOLUME 5 NUMBER 7

STRESS—A MODERN DAY "DISEASE"

We use the word *stress* to describe our reactions when events or experiences cause mental tension when our bodies strain to just function normally. Stress is reflected as accelerated heart-beat, a rise in blood pressure, bowel or urinary changes headache or other localized pain, cramped muscles or skin eruptions. It can also affect one's ability to think or behave rationally or appropriately.

When mental or emotional stress results in changes in the body's normal physiological patterns or functions, the condition is frequently described as *psychosomatic* in origin (*psyche*: mind; *soma*: body).

People react differently to the mental, emotional and physical wear and tear of life. One person, beset with adversities or problems either real or exaggerated, copes, with equanimity, while another develops a skin rash but shows no change in behavior or attitude. Still another may find the same circumstances insurmountable and become depressed or ill to the point of incapacity, a condition once referred to as a "nervous breakdown."

A change in jobs can present a challenge to be met with vigor and excitement, or it can account for panic, sleeplessness, painful stomach distress or a skin rash. These reactions can become *chronic*. Then, the physical discomforts themselves can pro-

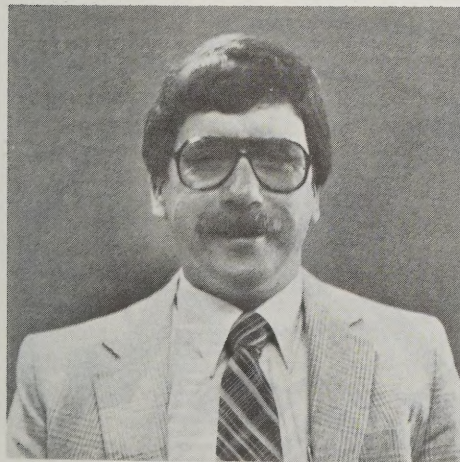
duce their own flow of added stress. You should not shrug off these changes or discomforts even if it seems obvious they are caused or aggravated by what is going on in your life. Be open and honest with your doctor.

The pains and bodily changes that originate from our feelings or reactions are just as real as the pain and discomfort that come from infection, disease or injury. Medical treatment is often required.

Stress is not necessarily negative. Stress reaction can be a lifesaver. Tension in response to a vicious dog makes us especially alert and we move quickly to

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New OD specialist on board



Organizational Development is a process to help management deal with change and still meet goals. "Basically, I'm available to managers to help them solve problems," Wedemeier said. "I'm a troubleshooter. When someone asks for my help with a problem, together we analyze the situation and work with those involved to find workable solutions.

"I don't think of myself as a mediator. I feel that someone wins and someone loses in a mediation situation. I always work for a 'win-win' situation," he said.

Before joining BLM in late June, Bob spent eight years working with the U.S. Customs Anchorage District as Training Officer. He also served at the U.S. Customs Academy in Washington, D.C.

Prior to that he held various administrative and supervisory positions with the military and the U.S. Postal Service.

"During the next couple of years we're going to be concerned with human relations — defining roles and finding out where people are and where they want to be.

"During my brief time with BLM I've been impressed with the openness and the helpfulness of everyone I've run across. To my thinking that speaks very highly of the general good health of BLM-Alaska."

Bob Wedemeier has joined BLM-Alaska as the Organizational Development Specialist. This new position serves as a resource tool for the State Director, his staff and managers.

Bob was born in Fairbanks, Alaska. He attended Seattle University and received his bachelor's degree from the University of Alaska-Anchorage. ★

Fun in the sun - HAZARDOUS TO YOUR HEALTH

Carcinogen.

That word has become all too familiar in recent years. A carcinogen is something that causes cancer. FDA and other regulatory agencies spend a good deal of their time devising ways to control cancer-causing agents and, where possible, to eliminate them from the products we use and from our environment.

But there is one carcinogen that no regulatory agency could or would ban because without it there would be no life. It is the sun.

The Sun — or, to be more precise, ultraviolet radiation from the sun — is the leading cause of skin cancer. And although many people apparently believe otherwise, skin cancer is a significant health threat.

The National Cancer Institute has estimated that more than 300,000 cases of just two types of skin cancer develop each year in the United States. Another category of skin cancer — an especially deadly type — has an annual incident of more than 9,000.

The three kinds of skin cancer together may kill at least 6,500 and perhaps as many as 7,500 people in the nation every year, according to Cancer Institute mortality data.

Skin cancer is the commonest form of cancer. It causes about two percent of all cancer deaths. Admittedly, a much higher yearly toll is taken by cancer of the digestive organs, lungs, and some other parts of the body. But just about every skin cancer death is avoidable and, therefore, especially tragic. Skin cancer, because it can be seen, can almost always be detected and treated in an early stage. In fact, 95 percent of skin cancer patients today are free of the disease after treatment. Many scientists believe, however, that a 98 or even 100 percent cure rate would be possible if people would seek medical help soon enough.

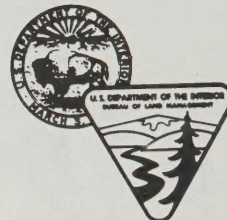
Skin cancer is not only a real public health problem, but a rapidly worsening one. In a special study done by the National Cancer Institute, the number of skin cancer cases and deaths from the disease was found to have doubled in one large metropolitan area over a 10-year

period. For the nation as a whole, investigators suspect a twofold increase in skin malignancies in the last 25 years. This has been accompanied, they note, by a marked increase in sunbathing.

The ultraviolet portion of sunlight is the leading cause of skin cancer. The middle wavelengths of ultraviolet light are the ones that cause the skin to burn or tan. Excessive exposure to these wavelengths — especially when the sun is most intense — can cause skin cancer. Short wavelength ultraviolet light also can cause skin cancer, but most of it is prevented from reaching the earth's surface by the ozone layer in the stratosphere.

Ultraviolet light — which is really radiation — is invisible and cannot be felt at the time of exposure. Its after effects however, can include eye injury, sunburn, and a variety of skin eruptions, premature aging of the skin, and skin cancer. Excessive heat from the sun can cause illness and, in rare instances, death by sunstroke.

The relationship between ultraviolet radiation and basal and squamous cell cancer is well established. About 80 percent of both cancers occur on areas of the body most exposed to the sun — the face, head, neck, arms, and hands. However, the fact that skin cancers sometimes develop on body parts seldom exposed to the sun indicates other causes. Research suggests that certain genetic traits or environmental chemicals may be involved, possibly sometimes in a combination with ultraviolet radiation



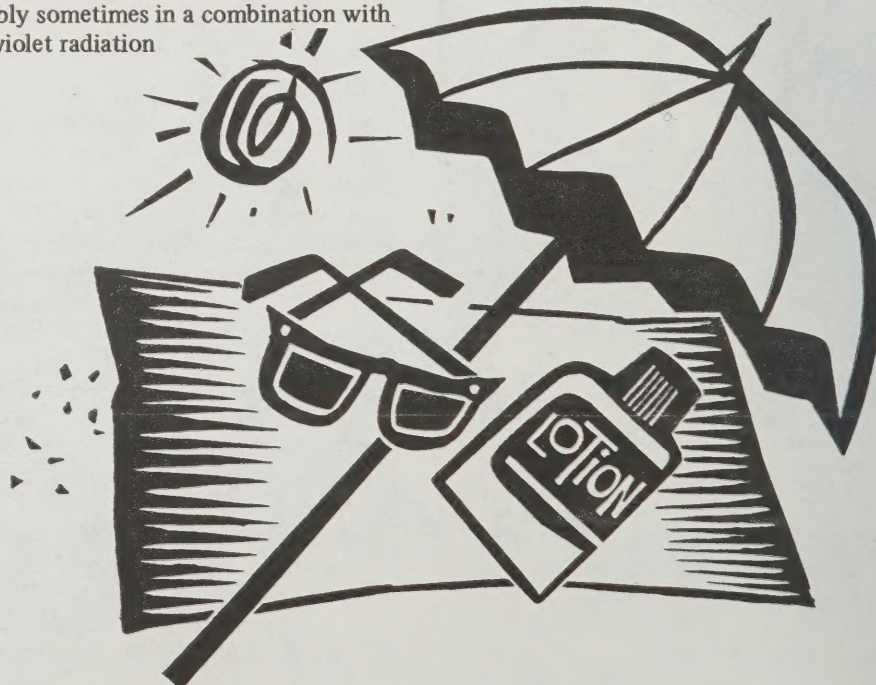
ALASKA PEOPLE is published monthly for the employees of the Bureau of Land Management and is distributed statewide. It is produced by the Public Affairs Staff, Alaska State Office, 701 C Street, Box 13, Anchorage, Alaska 99513. Phone (907) 271-5555.

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Both basal and squamous cell cancers have been induced in animals by ultraviolet radiation.

The case for ultraviolet radiation as a cause of melanomas is not as clear as it is for basal and squamous cell cancers. Although a large number of melanomas develop on body areas most exposed to the sun, many occur on unexposed places. But all signs point to the sun as the main cause of all kinds of skin cancer.

One indication of the relationship between ultraviolet radiation and skin cancer is the fact that black people, whose skin is protected from sunlight by pigmentation, have much less skin cancer than white people. A National Cancer Institute survey found the melanoma incidence rate for blacks to be only 0.8 per 100,000 people in contrast to a 4.5 rate for whites.



The clearest indication of a connection between ultraviolet radiation and skin cancer has been in the finding of several studies that the incidence of the disease increases markedly in latitudes where the sun shines longer and exposure is greater. One such study, conducted by the Cancer Institute during 1971 and 1972, compared non-melanoma skin cancer incidence in four regions — Dallas-Fort Worth, San Francisco-Oakland, Minneapolis-St. Paul, and the State of Iowa, the Dallas-Fort Worth area, with a latitude of 32.8° N., was found to have over two and a half times more cancers than Minneapolis-St. Paul with a latitude of 44.9° N.

Many sunlamps produce ultraviolet radiation that, like ultraviolet rays from the sun, can cause eye injuries, skin burns, and, possibly, even cancer. Because the lamps are potentially hazardous, FDA is developing a performance standard for them. The standard would require, among other things, that sunlamps prominently display warning labels and that they have timers that shut them off automatically.

Some scientists believe that the injury from which skin cancer ultimately may develop when the first bit of ultraviolet radiation — middle or short wavelength — strikes a particular part of the DNA. Thus, people who sunbathe frequently in their youth may be setting the stage for skin cancer in their more mature years.

Generally speaking, skin malignancies rarely develop on people under 20. They increase in number gradually to a peak at about age 75. The Cancer Institute found that in the Dallas-Fort Worth area skin cancer rates among white men reached a phenomenal 3,300 per 100,000 — more than three percent — in the age group 75-84.

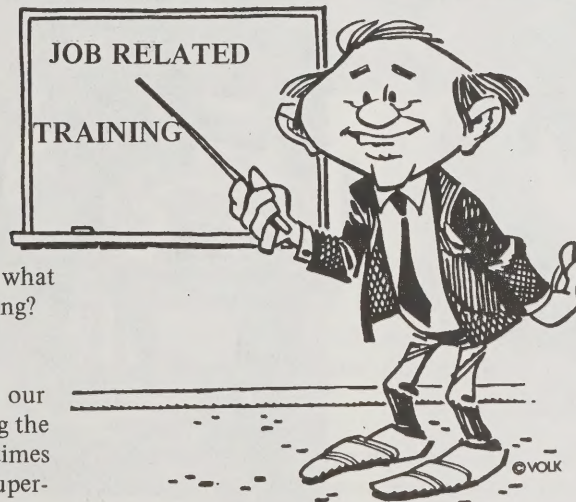
Some people are destined by birth to be skin cancer prone. Persons with blue or green eyes and fair skin — notably Irish and other Celtic people — who freckle and burn easily, are especially vulnerable. Just how vulnerable is demonstrated by the fact that Ireland has the world's third largest skin cancer death rate, following South Africa and Australia, even though Ireland is in a latitude

that receives less than half the burn-causing ultraviolet radiation of either of the other countries.

Most dermatologists consider excessive sunbathing foolhardy. To the argument that the sun stimulates the production of vitamin D on the skin the experts reply that you can get all the vitamin D you need from a proper diet. To the contention that the use of sunscreen lotions will promote a tan without burning, the experts say that a tanned skin is a damaged skin. Besides, they add, whether you burn or tan, there always is a chance that ultraviolet radiation will damage the DNA and initiate the cancer formation process.

About 60 percent of total annual ultraviolet radiation reaches the earth's surface between 10 a.m. and 2 p.m. Thus, people may reduce exposure to much potentially damaging radiation by not exposing themselves unnecessarily to the sun for extended period during this four-hour interval. ★

REPRINTED FROM MAY 1977
CONSUMER



Are you confused by what is and what is not considered job related training? Here's some help.

Training course outline sheets in our training catalog help us by specifying the target group for each course. Sometimes the target group isn't well defined. Supervisors are often required to make the ultimate decision on whether training is job related.

Training is job related if it's designed to prepare the employee to handle the job more effectively, as distinguished from training for another job or to new or additional skills. For example, a secretary who takes the OPM course *SECRETARIAL TECHNIQUES* is probably taking job related training if the primary intent is to develop skills and knowledges that will improve job performance. However, if the secretary take a course in bookkeeping, it probably isn't job related unless bookkeeping is specifically mention in the secretary's PIPR.

Where training is instituted for the bona fide purpose of preparing for advancement through upgrading the employee's skills, and is not intended to make the employee more efficient in the present job, the training is *not* considered job related even though regularly used job skills may be improved.

So, the intent for taking specific training is the primary guiding factor in determining whether training is job related. For more information or additional assistance, talk to your training representative or call the ASO Training Office. ★

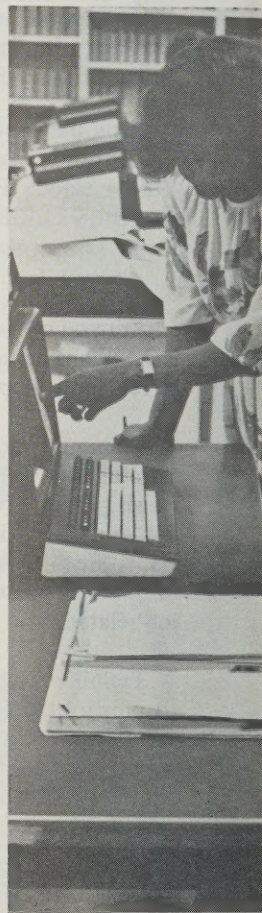
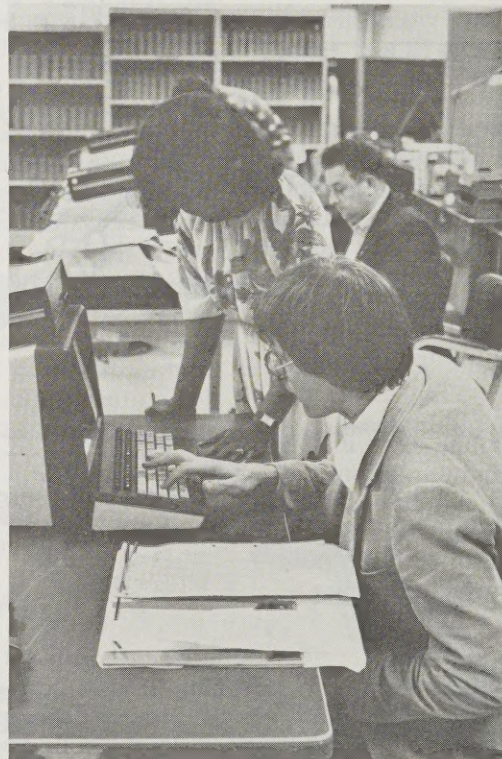
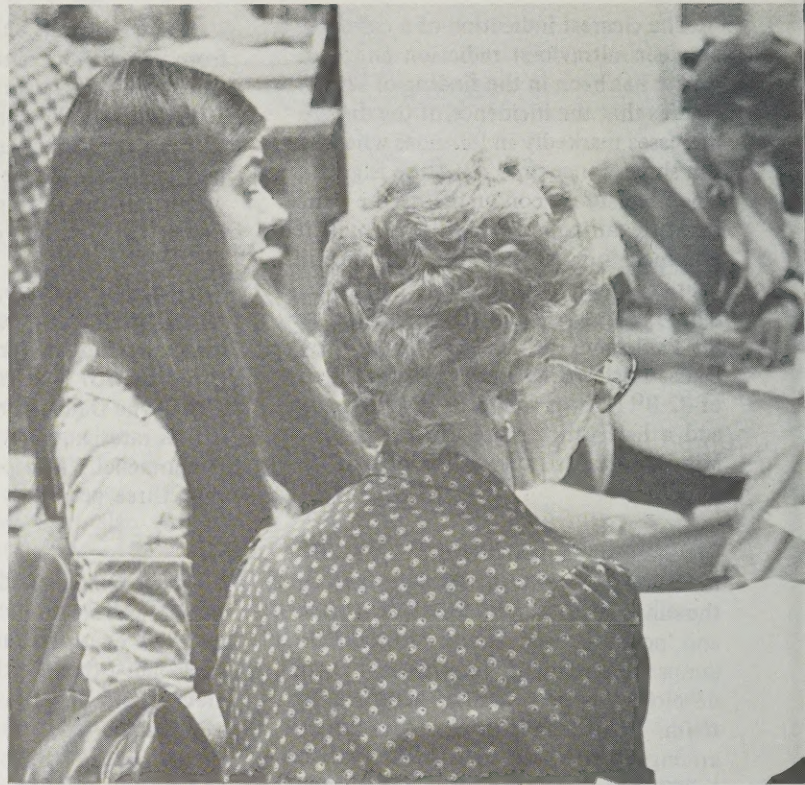
FROM THE EDITOR

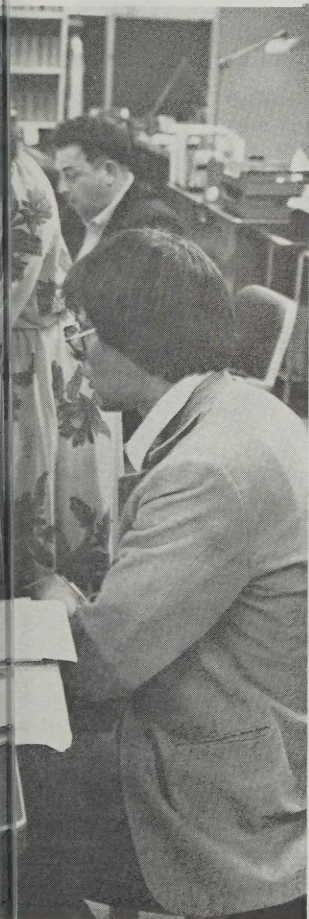
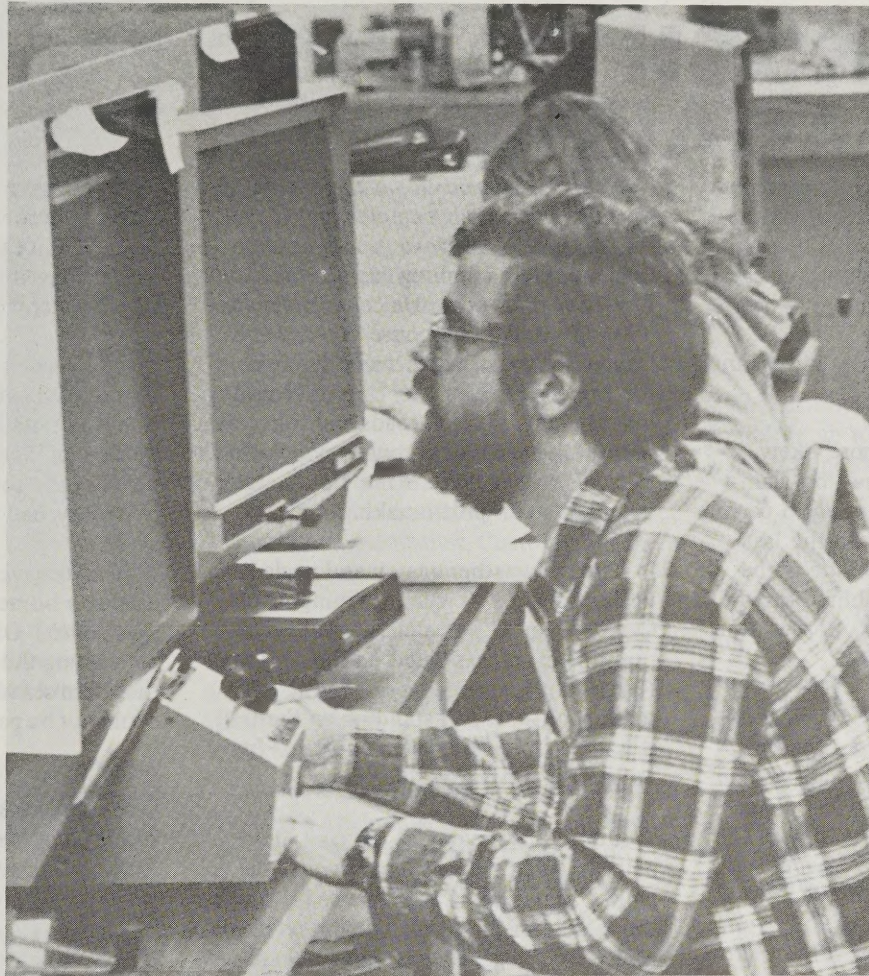
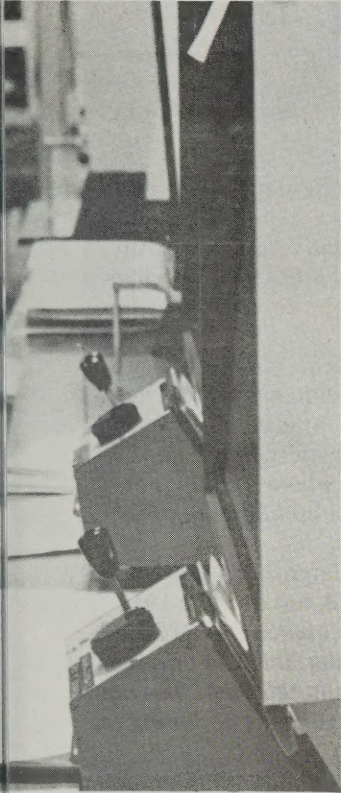
It isn't easy to put out a monthly employee newsletter. Oh, the mechanical part — the typesetting, layout and pasteup — is easy. It's finding the words to fill four or eight pages every month that's hard.

ALASKA PEOPLE is *your* publication. It's supposed to inform you about BLM programs, current BLM-related events and what your fellow employees are doing. Some months it's easy but most months it's hard to come up with good stories that are interesting and informative.

If you know of another employee's accomplishment or one of your own, let *ALASKA PEOPLE* know. If you're working on an innovative program or if you have a question about some BLM program or policy, let *ALASKA PEOPLE* know. If it's a relevant story, we'll print it. If it's a question, we'll find the answer.

The key to *ALASKA PEOPLE* is *people*, just like you. Give us your ideas and your criticisms. If there's something you want to know about, tell us. Help us make *ALASKA PEOPLE* reflect the kinds of people who work for BLM-Alaska — the best. ★





BLM's Public Room

A place where questions are answered

It's almost always busy here. People drift in and out clutching papers and briefcases or stare in bewilderment at the computer terminals spitting out information. It's a place of questions and answers — BLM-Alaska's Public Room.

Alaska People visited the Public Room in the Anchorage Federal Building on a "typical" day to see just what kind of people visited and what they were interested in. Many were interested in mining — where to go and what to do. Some were looking for "free/cheap" land and others were representing some party with a land claim on file with BLM.

Since BLM is the agency authorized to transfer land from the federal government to the state and private hands, all of our land records — the patents, public land orders, regulations and some laws — are available to the public. Land status information, who owns or manages what land, is of interest to miners and recreationists alike.

On an average day, land office personnel help 130-150 people with land status questions and answer 15-20 written inquiries ranging from, "How many acres are there in Alaska?" to "I have some land on some river. Why haven't I received my patent?"

Some inquiries are more fun than others. Like the telegram received several years ago from a young man who said he was arriving on an Alaska Airlines flight and would we please have his land ready. Or the phone call from the lady in Grosse Pointe, Michigan who wanted to buy a mountain for a friend in Saudi Arabia. "Just any old mountain will do. It doesn't even have to be accessible," she said.

The people in the Public Room do a lot of thinking on their feet. They are usually the first BLMers the public meets and the image they present is one of competence and knowledge.★

GOLD RUSH CACHE LIVES AGAIN

By Joette Storm

When people think of outdoor recreation in Alaska it is not visions of granite monuments and historic homes that come to mind. Usually they think of hunting, fishing and mountain climbing. Alaska does offer some historic features, however, that shed light on an interesting period in the nation's past.

Monuments here are more likely to be the log variety fashioned by flamboyant men and women trying to carve out a niche for themselves in the last frontier. One such historic site is the Dalton Cache, a small cabin located on the United States-Canada border near Haines, in Southeast Alaska.

A rundown cabin when it was discovered by cultural resources specialist John Beck in 1979, the cache had become a storage shed for the employees of the U.S. Custom station at the border. Beck began researching its origins and identified it as a trail post on the Dalton Trail, a toll trail which extended from Lynn Canal to Fort Selkirk on the Yukon River.

The trail and cabin were constructed by Jack Dalton, an explorer, guide and fur trader, who came to Alaska in 1886 on a mountain climbing expedition with Frederick Schwatka. He constructed the 350-mile trail in response to an 1898 Congressional act which made it possible for private investors to construct and operate railroads, toll roads and tramways to meet the needs of a growing population. Dalton's was one of the few trails actually operated as a profit-making venture.

Though weather beaten and neglected until August 1980 when a Young Adult Conservation Corps crew began restoration, the cabin was listed on the National Register of Historic Places. As the only original outpost still standing on the trail it is a symbol of the early efforts of free enterprise in Alaska's development.

During the heyday of the trail, it was believed that the border between the United States and Canada passed through the middle of the cache, which served as a barroom. Legend has it that desperadoes pursued by the American authorities could

avoid arrest simply by stepping from one side of the room to the other where they would be in Canadian jurisdiction. Anyone fleeing the Mounties could do likewise by stepping in the opposite direction.

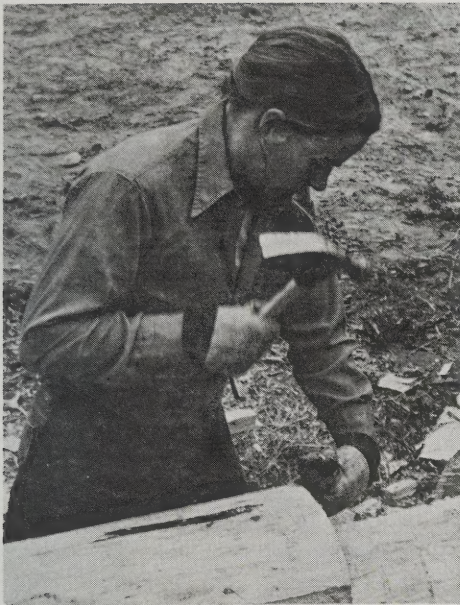
The cache's location was instrumental to the 1903 decision to establish the border at its present day alignment instead of near Klukwan, a village 20 miles to the south, where the provisional boundary had been established in 1888.

Thirteen years later, the cabin was used as a homestead, but due to a 1912 Presidential Order creating a 60-foot zone along the border, the land on which the cabin stands remained public land and could not be patented to the homesteader.

Over the course of time the cabin has been used for a variety of purposes such as a trailpost and roadhouse during construction of the Haines Highway in 1943. But by 1976 when the new Customs Station was constructed nearby, it had fallen into disrepair and was in danger of being lost to history.



Dalton Cache near Haines, Alaska before YACC crews from the Anchorage District Office began stabilizing the structure.



Two YACC enrollees work on stabilizing the cache. The walls and the foundation were reinforced or rebuilt and a new roof was added.



A request by the Customs Service to incorporate the buffer zone in the new customs station brought the cache to the attention of BLM's Beck. On a visit to Haines in November 1979, he dropped by to look at the old log building referenced in the request.

Beck became concerned about the building's condition and the need for immediate stabilization. "Nothing had been done to maintain the building because no federal agency had clearcut jurisdiction over it," recalls Beck.

Before any action could be taken Beck would have to gain agreement by three or four agencies including the General Services Administration, Customs and the BLM.

He did some fast talking and by spring an agreement was reached in which BLM would retain authority over the historic structure so that emergency stabilization could begin.

That August, the YACC crew operated by BLM's Anchorage District accompanied Beck to Haines to repair the roof and treat the cache with wood preservative.

Specially ordered shingles were used to duplicate the appearance of the cabin roof in its early days. An interpretive sign was also installed relating the significance of the building.

The following year another YACC crew traveled to the site to construct a new foundation for the cache and examine the surrounding area for evidence of prehistoric use.

"Dalton Cache has the potential to be a fine visitor facility," says Beck. "It would be an ideal attraction for tourist waiting to go through customs."

But BLM's limited recreation budget and the loss of a labor force such as the YACC crews means that very little management is planned for the near future. One answer may be the transfer of the cabin to the State of Alaska under a special agreement currently being considered.

"We are hopeful the local historic society can eventually assume operation of a visitor center and share a bit of the folklore of the area," says Beck.★



Dalton Cache after stabilization with a new roof. In addition to the new shingles, the wood was treated with a wood preservative and a new foundation was constructed.

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avoid attack. Stressful situations can propel us into healthful physical or creative activity. One person can work off anger by playing tennis; another can regain balance by reading.

Joys and pleasures can also produce stress — the bride who prays for a sunny wedding day, the athlete who wins first place, the grandparent who awaits an overdue visit from the grandchildren. It is the intensity of the demand on a person to adjust to a situation that evokes the emotional response.

Stress is inherent in living. The infant who sees mother leave the room may cry from fear of abandonment. The youngster going off to school is under pressure to

manage on his or her own, to achieve, to make new friends. Adolescents strive for independence and yet cling to the security of being cared for and controlled.

As we grow older, the stress producers change and frequently increase in intensity and duration. Older people worry about their ability to manage both physically and and mentally. They worry about the shrinking value of their income, and eventual loss of contemporaries and the potential loss of a mate.

All these feelings are normal. They alert us to changes and the need to deal with them. But when these reactions build up and affect our stability, our health, it is time to acknowledge that a problem may exist.

To function comfortably you must recognize your own capacity to handle stress. Realize there is no such thing as perfection. Be realistic about expectations from yourself and others. Understand what is worth fighting for at what cost. Try to discipline your mind to accept adversities when they are inevitable, to "roll with the punches" and, in time, to turn to pleasant things.

What to do. Many problems are real and often painful. Ignoring problems will not make them go away; time may reduce the pressures. We can help ourselves from letting stress control behavior or seriously affect our health.★

How to cope with stress

What circumstances are causing stress?

- Which are yours alone to deal with?
- Which need the efforts of others?
- Which are actually manageable?
- Which can be relegated to another time or to another person?
- Which require grim determination to face, by either you or another?
- Which ones can be eased by brief escapes or diversions?
- Which can be worked off in a physical and psychologically satisfying way?

- Which ones need talking out and talking over, preferably with someone who is not involved in the problem (a reliable friend, a counselor, a social worker, a clergyman, a physician)?
- Are you driving for perfection in yourself or someone else?

When you feel you understand what is causing your discomforts:

- Try to understand and accept that

which is beyond your control.

- Be aware of your own worth, which includes accepting your limitations.
- Be good to yourself. Do something that will give you pleasure.
- Avoid excessive self-demands.

You may want to learn stress-reducing techniques. Many people find help through professional instruction in modes of relaxation. As their bodies relax, there is accompanying relaxation about the stressors themselves.★

FOR YOUR GOOD HEALTH

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